

LESSON

3



I like formulas

A formula is a procedure for achieving something, especially reconciling different aims or positions.



Formula: How to change a flat tire

1. Pull over safely on level, firm ground and turn on your hazard lights.
2. Put the car in Park and set the parking brake.
3. Get the spare tire, jack, and lug wrench from the vehicle.
4. Place wheel chocks or heavy objects behind and in front of a tire that is not flat.
5. Remove the hubcap or wheel cover if necessary.
6. Loosen the lug nuts about one turn each while the tire is still on the ground.
7. Position the jack under the vehicle at the manufacturer's designated jack point.
8. Raise the vehicle until the flat tire is about 6 inches off the ground.
9. Remove the lug nuts and place them somewhere safe.

Plus a few more steps...

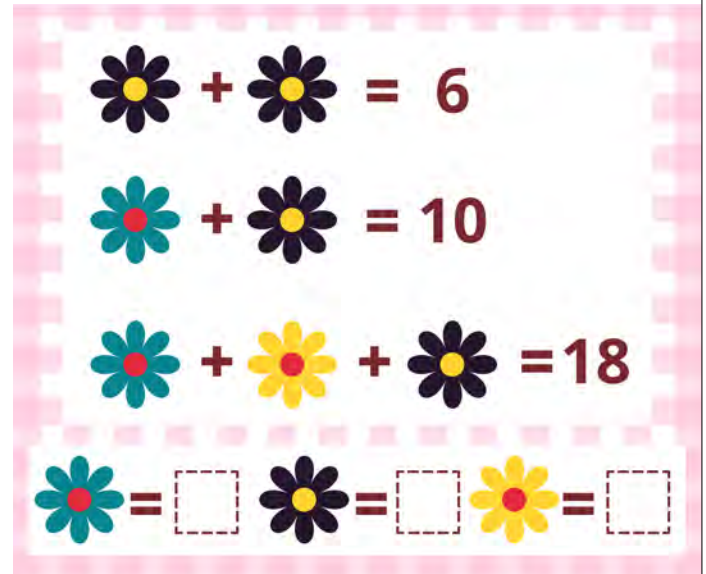
Formula: How to make cookies



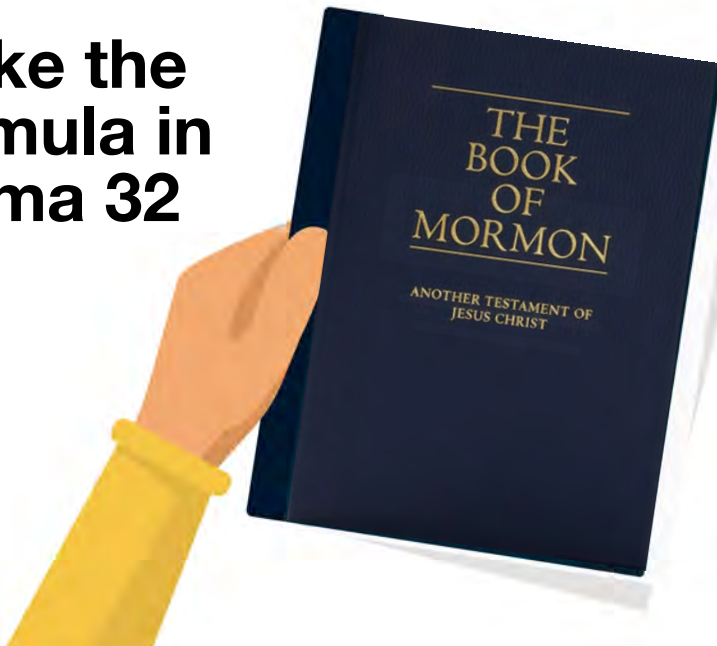
Formula: How to fly a plane



**Formula:
How to
do math**



**I like the
formula in
Alma 32**



**Alma 32 is like God giving you the formula
to ace ANY spiritual test you face in life.**



The “faith formula” taught in Alma 32 is the universal remedy for counteracting all the reasons people abandon their faith and leave the Church.

**F O R
E X A M P L E**

If you have doubts about any gospel teaching, follow the formula in Alma 32.



If you do not know if Christ is your Savior, follow the formula in Alma 32.



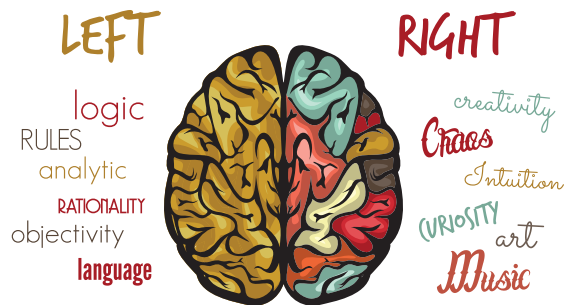
If you have concerns about Joseph Smith, follow the formula in Alma 32.



If you want to gain a testimony of the Book of Mormon, follow the formula in Alma 32.



If you are want find answers to tough gospel topics, follow the formula in Alma 32.



If you want to know if a source is reliable or not, follow the formula in Alma 32.



If you want to know how to feel the Spirit, follow the formula in Alma 32.



If you want a testimony about tithing, follow the formula in Alma 32.



If you want a testimony about temples, follow the formula in Alma 32.



If you are not sure about the Word of Wisdom, follow the formula in Alma 32.



If you wonder about the blacks and priesthood policy pre-1978, follow the formula in Alma 32.



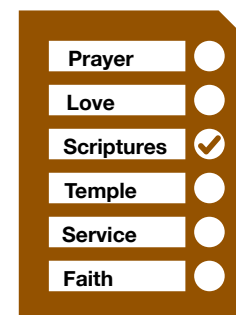
If you have trouble accepting Church history, follow the formula in Alma 32.



If you are offended by Church members, follow the formula in Alma 32.



If your testimony is not growing daily, follow the formula in Alma 32.



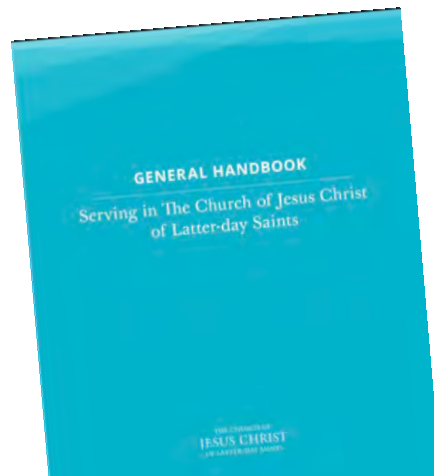
If you don't like something you heard at Conference, follow the formula in Alma 32.



If you think the Church should spend its billions elsewhere, follow the formula in Alma 32.



If you don't like some Church policy, follow the formula in Alma 32.



The five-step “formula”
in Alma 32 works on
any gospel topic.



Alma 32 teaches us how faith grows.

First, we **PREPARE** our hearts through humility, which opens the door to faith. Second, we **PRACTICE** faith by hoping in things that are not seen but are true, giving place in our hearts for the word of God. Third, we **PLANT** the word like a seed in our hearts. Fourth, we **PROVIDE** the nourishment it needs through faith, diligence, patience, and obedience. As the word grows, we begin to experience its goodness and recognize its power in our lives. Fifth, we **PROCURE** the results—the precious fruit of eternal life.



Today let's divide
Alma 32 into five
sections—the “**5 Ps**”

 **PREPARE** your heart

 **PRACTICE** faith

 **PLANT** a seed

 **PROVIDE** nutrition

 **PROCURE** the results

Procure: obtain something, especially with care or effort.



1. Prepare your heart

Humble yourself. Become teachable.

Alma 32:1–16



2. Practice faith

Understand the law of the harvest.

Alma 32:17–26



3. Plant a seed

Conduct experiments on any topic.

Alma 32:27–36



4. Provide nutrition

Nourish your faith plant and it will grow.

Alma 32:37–39



5. Procure the results

Enjoy the fruits of your labors.

Alma 32:40–43



The “5 Ps”



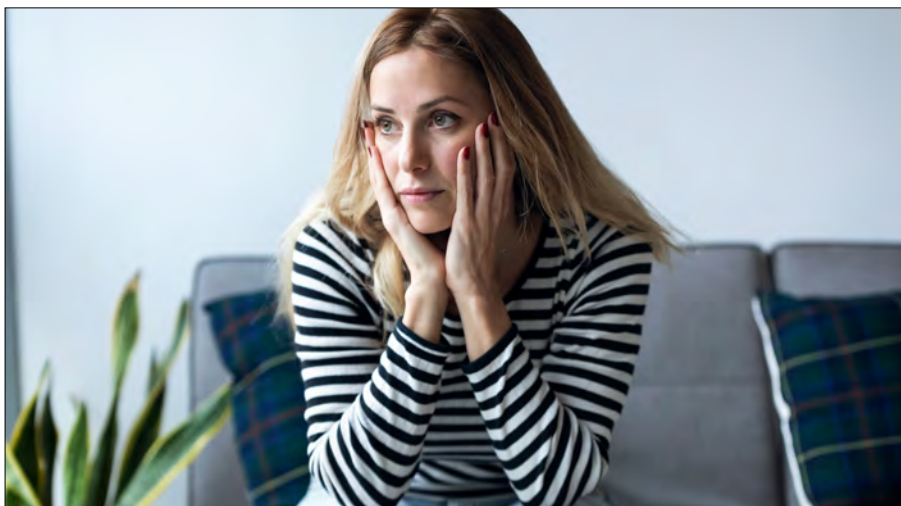
ONE



1. Prepare your heart

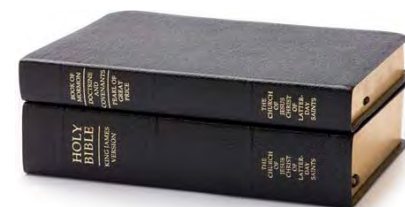
Humble yourself. Become teachable.

Alma 32:1–16



“...for he beheld that their afflictions had truly **humbled** them, and that they were in a **preparation to hear the word**” (Alma 32:6).

What is the word?



“And whatsoever they shall **spea**k when moved upon by the Holy Ghost shall be **scripture**, shall be the will of the Lord, shall be the mind of the Lord, **shall be the word of the Lord**, shall be the voice of the Lord, and the power of God unto salvation” (D&C 68:4).



“Therefore he did say no more to the other multitude; but he stretched forth his hand, and cried unto those whom he beheld, who were **truly penitent**, and said unto them: I behold that ye are **lowly in heart**; and if so, blessed are ye” (Alma 32:7–8).



“Yea, he that truly **humbleth** himself, and **repenteth** of his sins, and endureth to the end, the same shall be blessed...” (Alma 32:15)



“For I do not mean that ye all of you have been compelled to **humble** yourselves; for I verily believe that there are some among you who would **humble** themselves, let them be in whatsoever circumstances they might”
(Alma 32:25).



LET’S TALK ABOUT IT

What does humility look like in our lives, and how does being humble make us more willing to listen to God and change?

TWO



2. Practice faith

Understand the law of the harvest.

Alma 32:17–26



“Yea, there are many who do say: If thou wilt show unto us a sign from heaven, then we shall know of a surety; then we shall believe. Now I ask, is this faith? Behold, I say unto you, **Nay; for if a man knoweth a thing he hath no cause to believe, for he knoweth it**” (Alma 32:17–18).



“And now as I said concerning faith— faith is not to have a perfect knowledge of things...” (Alma 32:21)



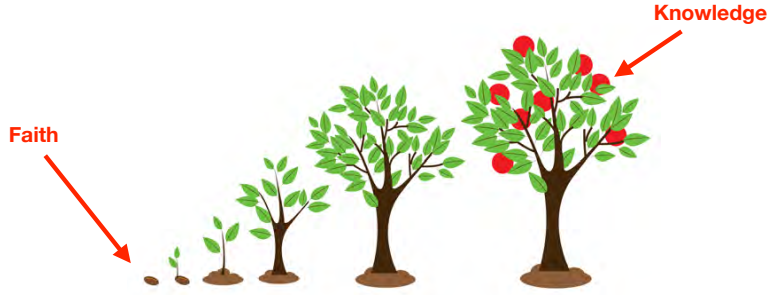
“...therefore if ye have faith ye hope for things which are not seen, which are true” (Alma 32:21)



“And now, behold, I say unto you, and I would that ye should remember, that God is merciful unto all who believe on his name...” (Alma 32:22)



“...therefore he desireth, in the first place, that ye should believe, yea, even on his word” (Alma 32:22)



“Now, as I said concerning faith—that it was not a perfect knowledge—even so it is with my words. Ye cannot know of their surety at first, unto perfection, any more than faith is a perfect knowledge” (Alma 32:26).



Boyd K. Packer said, “Faith, to be faith, must center around something that is not known. Faith, to be faith, must go beyond that for which there is confirming evidence. **Faith, to be faith, must go into the unknown.** Faith, to be faith, must walk to the edge of the light, and then a few steps into the darkness. If everything has to be known, if everything has to be explained, if everything has to be certified, then there is no need for faith. Indeed, there is no room for it.

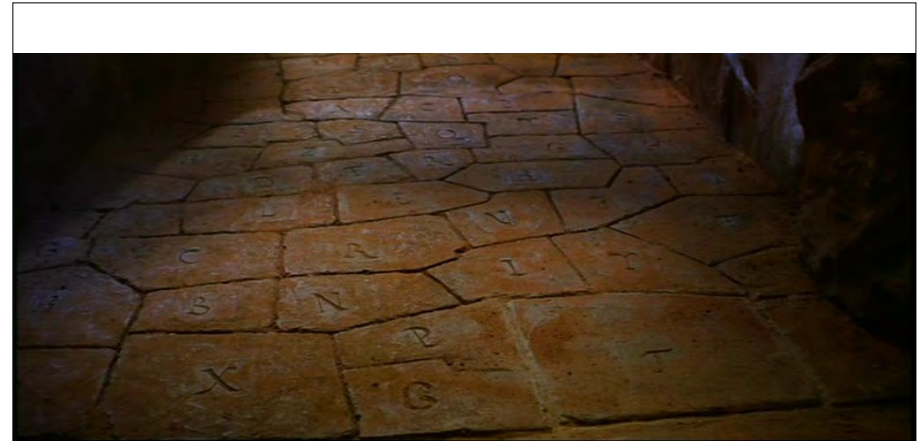
Boyd K. Packer, “What Is Faith?” in *Faith* [1983], 42–43



**A great story in exercising faith:
“Indiana Jones and the Last Crusade”**



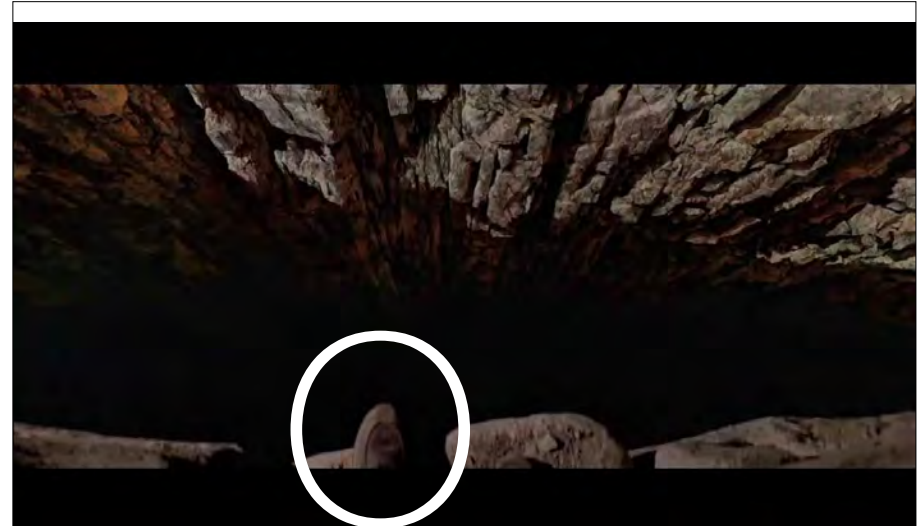
In the movie, Indiana Jones had to pass three tests. The first test was “The Breath of God.” The seeker must kneel to avoid being decapitated by spinning blades. The phrase “Only the penitent man will pass” guides this challenge.



The second test was “The Word of God” where the seeker must step on the correct letters to spell “Jehovah” (spelled as “Iehova” in Latin). Incorrect steps lead to a fall into a chasm.



The third and final test was “The Path of God” where the seeker must take a leap of faith across an invisible bridge, believing in its existence despite not being able to see it.



At the third test, Indiana Jones came to the ravine.



He was scared which is normal for all of us exercising faith.



“There is another kind of faith, rare indeed. **This is the kind of faith that *causes* things to happen.** It is the kind of faith that is worthy and prepared and unyielding, and it calls forth things that otherwise would not be. It is the kind of faith that moves people. It is the kind of faith that sometimes moves things.

Boyd K. Packer, “What Is Faith?” in *Faith* [1983], 42–43



Indiana Jones stood on the edge.



He stepped out not knowing his fate



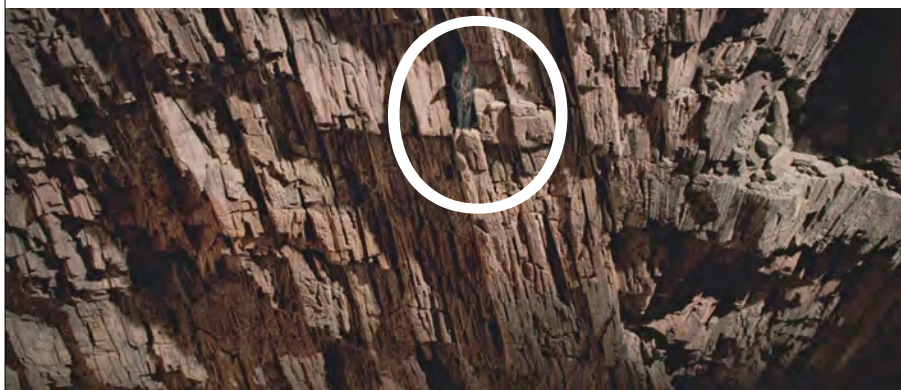
Elder Packer says: In a world filled with skepticism and doubt, the expression ‘seeing is believing’ promotes the attitude, ‘You show me, and I will believe.’ We want all of the proof and all of the evidence first. **It seems hard to take things on faith.**

Boyd K. Packer, “What Is Faith?” in *Faith* [1983], 42–43



“When will we learn that in spiritual things it works the other way about —that **believing is seeing**? Spiritual belief precedes spiritual knowledge. When we believe in things that are not seen but are nevertheless true, then we have faith.”

Boyd K. Packer, “What Is Faith?” in *Faith* [1983], 42–43



Indiana Jones stood on the edge.



He took a deep breath.



There was a path he could not see.



He was rewarded for his faith.



LET'S TALK ABOUT IT

What does it actually look like to exercise faith when we don't know how things will turn out?

THREE





3. Plant a seed

Conduct experiments on any topic.

Alma 32:27–36



“But behold, if ye will awake and arouse your faculties...” (Alma 32:27)



“...even to an **experiment** upon my words...” (Alma 32:27)



“...and exercise a **particle** of faith...” (Alma 32:27)



“...yea, even if ye can no more than **desire** to believe, let this desire work in you...” (Alma 32:27)



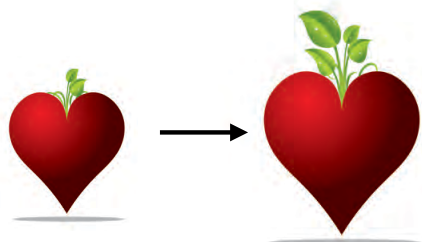
“...even until ye believe in a manner that ye can give place for a portion of **my words**” (Alma 32:27).



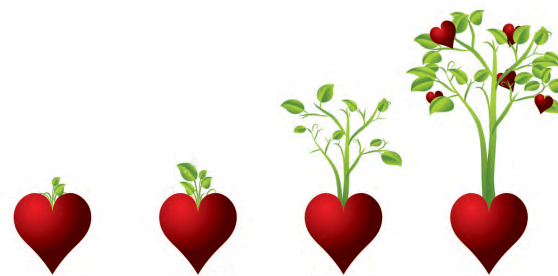
“Now, we will compare the word unto a seed” (Alma 32:28).



“Now, if ye give place, that a seed may be planted in your heart...”
(Alma 32:27)

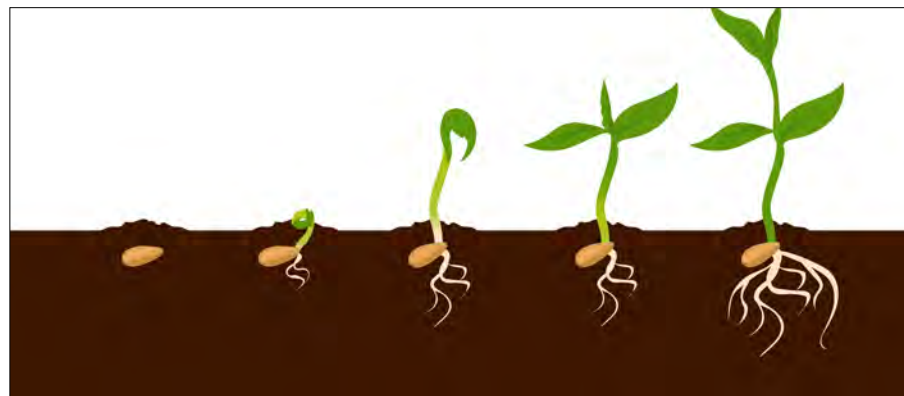


“...behold, if it be a true seed, or a good seed, if ye do not cast it out by your unbelief, that ye will resist the Spirit of the Lord, behold, **it will begin to swell** within your breasts...” (Alma 32:28)



“...and when you feel these **swelling** motions, ye will begin to say within yourselves—It must needs be that this is a **good** seed, or that the word is **good**, for it beginneth to **enlarge** my soul; yea, it beginneth to **enlighten** my understanding, yea, it beginneth to be **delicious** to me” (Alma 32:28)

Now behold, would not this increase your faith? I say unto you, Yea; nevertheless it hath **not** grown up to a perfect knowledge. (Alma 32:29)



“But behold, as the seed **swelleth**, and **sprouteth**, and beginneth to **grow**, then you must needs say that the seed is **good**; for behold it **swelleth**, and **sprouteth**, and beginneth to **grow**” (Alma 32:30).



“And now, behold, will not this **strengthen** your faith? **Yea, it will strengthen your faith:** for ye will say I know that this is a **good** seed; for behold it **sprouteth** and beginneth to **grow**” (Alma 32:30).



LET’S TALK ABOUT IT

What is one teaching or principle of the gospel that you have planted in your heart that has made a difference in your life?

FOUR



4. Provide nutrition

Nourish your faith plant and it will grow.

Alma 32:37–39



“And behold, as the tree beginneth to grow, ye will say: Let us nourish it with great care, that it may get root, that it may grow up, and bring forth fruit unto us. **And now behold, if ye nourish it with much care it will get root, and grow up, and bring forth fruit**” (Alma 21:37).



“But if ye neglect the tree, and **take no thought for its nourishment**, behold it will not get any root; and when the heat of the sun cometh and scorcheth it, because it hath no root **it withers away**, and ye pluck it up and cast it out” (Alma 21:38).



“Now, this is not because the seed was not good, neither is it because the fruit thereof would not be desirable; **but it is because your ground is barren, and ye will not nourish the tree**, therefore ye cannot have the fruit thereof” (Alma 21:39).



A friend of mine recently wrote to me, confiding that he was having a difficult time keeping his testimony strong and vibrant. He asked for counsel. I wrote back to him and lovingly suggested a few specific things he could do that would align his life more closely with the teachings of the restored gospel. To my surprise, I heard back from him only a week later. The essence of his letter was this: “I tried what you suggested. It didn’t work. What else have you got?” (Dieter F. Uchtdorf, “The Way of the Disciple,” April 2009).



Brothers and sisters, we have to stay with it. We don't acquire eternal life in a sprint—this is a race of endurance. **We have to apply and reapply the divine gospel principles.** Day after day we need to make them part of our normal life. (Dieter F. Uchtdorf, “The Way of the Disciple,” April 2009).

2/6



Too often we approach the gospel like a farmer who places a seed in the ground in the morning and expects corn on the cob by the afternoon. **When Alma compared the word of God to a seed, he explained that the seed grows into a fruit-bearing tree gradually, as a result of our “faith, and [our] diligence, and patience, and long-suffering.”** It's true that some blessings come right away: soon after we plant the seed in our hearts, it begins to swell and sprout and grow, and by this we know that the seed is good. From the very moment we set foot upon the pathway of discipleship, seen and unseen blessings from God begin to attend us. (Dieter F. Uchtdorf, “The Way of the Disciple,” April 2009).

3/6



But we cannot receive the fulness of those blessings if we “neglect the tree, and take no thought for its nourishment.” **Knowing that the seed is good is not enough. We must “nourish it with great care, that it may get root.”** Only then can we partake of the fruit that is “sweet above all that is sweet, and ... pure above all that is pure” and “feast upon this fruit even until [we] are filled, that [we] hunger not, neither shall [we] thirst.” (Dieter F. Uchtdorf, “The Way of the Disciple,” April 2009).

4/6



Discipleship is a journey. We need the refining lessons of the journey to craft our character and purify our hearts. **By patiently walking in the path of discipleship, we demonstrate to ourselves the measure of our faith and our willingness to accept God's will rather than ours.** It is not enough merely to speak of Jesus Christ or proclaim that we are His disciples. It is not enough to surround ourselves with symbols of our religion. Discipleship is not a spectator sport. We cannot expect to experience the blessings of faith by standing inactive on the sidelines any more than we can experience the benefits of health by sitting on a sofa watching sporting events on television and giving advice to the athletes. (Dieter F. Uchtdorf, “The Way of the Disciple,” April 2009).

5/6



And yet for some, “spectator discipleship” is a preferred if not a primary way of worshipping. Ours is not a secondhand religion. We cannot receive the blessings of the gospel merely by observing the good that others do. **We need to get off the sidelines and practice what we preach.** (Dieter F. Uchtdorf, “The Way of the Disciple,” April 2009).

6/6



LET'S TALK ABOUT IT

What do you do—or could you do—to nourish your faith so that it continues to grow rather than weaken?



5. Procure the results

Enjoy the fruits of your labors

Alma 32:40–43



“And thus, if ye will **not nourish the word**, looking forward with an eye of faith to the fruit thereof, ye can **never pluck of the fruit** of the tree of life” (Alma 32:40).



“But if ye will **nourish** the word, yea, nourish the tree as it beginneth to grow, by your faith with great diligence, and with patience, looking forward to the fruit thereof, it shall take root; and behold **it shall be a tree springing up unto everlasting life**” (Alma 32:41)



“And because of your diligence and your faith and your patience with the word in nourishing it, that it may take root in you, behold, **by and by ye shall pluck the fruit thereof, which is most precious**, which is sweet above all that is sweet, and which is white above all that is white, yea, and pure above all that is pure; and ye shall feast upon this fruit even until ye are filled, that ye hunger not, neither shall ye thirst” (Alma 32:42)



“Then, my brethren, ye shall **reap the rewards of your faith**, and your diligence, and patience, and long-suffering, waiting for the tree to bring forth fruit unto you” (Alma 32:43)



LET'S TALK ABOUT IT

What “fruit” have you received by exercising faith?



TO DO

HOMEWORK ASSIGNMENTS

WEEK 3 CHALLENGE

Using the “faith formula” in Alma 32, choose a gospel topic where you would like to strengthen your faith. Then follow the five steps: **PREPARE** your heart; **PRACTICE** faith; **PLANT** a seed; **PROVIDE** nutrition; **PROCURE** the results.

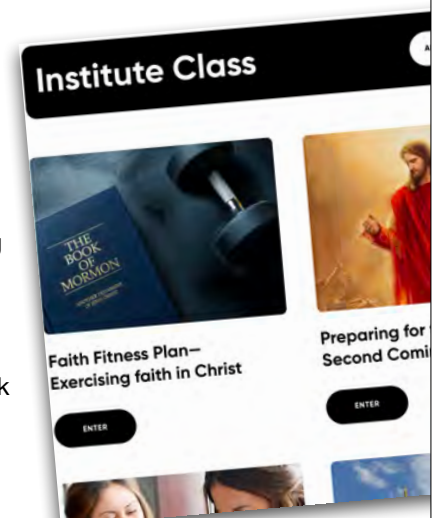


VISIT

www.iloveinstitute.com

- > Listen to recordings
- > Download handouts
- > View these classes:
 - Faith Fitness Plan
 - Preparing for the Second Coming
 - Understanding your endowment
 - Principles of personal revelation
 - Avoiding a faith crisis
 - Book of Mormon—your handbook

www.iloveinstitute.com



RESOURCES



“Tasting the Light” By Lynn G. Robbins

MAY 3, 2015

This Worldwide Devotional for Young Adults is 61 minutes long. Watch these 17 minutes. (12:28 to 29:23)

To find the entire video on line, search online:
“Tasting the Light by Lynn Robbins”



“Tasting the Light” By Lynn G. Robbins (May 3, 2015)



“Tasting the Light” By Lynn G. Robbins (May 3, 2015)

“Lord, I Believe”
By Jeffrey R. Holland

APRIL 2013

Elder Holland said: “The size of your faith or the degree of your knowledge is not the issue—it is the integrity you demonstrate toward the faith you do have and the truth you already know.”

**“The Opportunities and Responsibilities of
CES Teachers in the 21st Century”**
by M. Russell Ballard

February 26, 2016

Address to CES Religious Educators

Elder Ballard said: “Gone are the days when a student asked an honest question and a teacher responded, ‘Don’t worry about it!’ Gone are the days when a student raised a sincere concern and a teacher bore his or her testimony as a response intended to avoid the issue.”

“The Atonement: All for All”
By Bruce C. Hafen

APRIL 2004

Elder Hafen said: “We grow in two ways—removing negative weeds and cultivating positive flowers. The Savior’s grace blesses both parts—if we do our part.”

“The Way of the Disciple”
By Dieter F. Uchtdorf

APRIL 2009

Elder Uchtdorf said: “By patiently walking in the path of discipleship, we demonstrate to ourselves the measure of our faith and our willingness to accept God’s will rather than ours.”



NEXT CLASS: SEPT. 10

Resistance Training

Muscles grow through adversity. So does faith. In Lesson 4, we'll talk about exercising faith during tough times. Why do trials build your faith? How do faithful people endure life's tests?